



Be A Frequent Feeder Worksheet



Healthy Reasons to Eat Frequently:

- 1.
- 2.
- 3.
- 4.
- 5.



Examples of Snacks I Can Add to My Meal Plan:

Think of simple convenient ideas!

- 1.
- 2.
- 3.
- 4.
- 5.

Tips On Eating More Food Without the Calories

- ✓ Eat more vegetables at meals. List 1 or 2 vegetables you can add to your meal plan.

a. _____ b. _____

- ✓ Add more whole fruits to your meal plan
(example: have apple slices not apple juice)
- ✓ Add more fiber to your meals.



Other ideas for satisfying hunger with less calories:

- 1.
- 2.
- 3.
- 4.
- 5.

Barriers to Eating Frequently	Tips to Overcome Barriers
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.